

Hours: Monday -Friday
9:30am - 1:30pm



CONNECTIONS

Social Day Program at North Laurel

9411 Whiskey Bottom Road
Laurel, MD 20723
410-313-7218

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May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Active Games 12:00 Lunch 12:45 This Day in History 1	9:30 Coffee Talk 10:00 Good Old Days 11:00 Birthday Recognitions and Sun Catchers 12:00 Lunch 12:45 Exercise w/Liz 2	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sing-a-Long w/Kay 12:00 Lunch 12:45 Walk Outdoors 3	9:30 Coffee Talk 10:00 Good Old Days 11:00 Word Games 12:00 Lunch 12:45 Exercise w/Liz 4	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Omelets 12:00 Lunch 12:45 Bingo 5
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Ed 12:00 Lunch 12:45 This Day in History 8	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al and Anne 12:00 Lunch 12:45 Exercise w/Liz 9	9:30 Coffee Talk 10:00 Good Old Days 11:00 Mother's Day Activity 12:00 Lunch 12:45 Walk Outdoors 10	9:30 Coffee Talk 10:00 Good Old Days 11:00 Reservoir Dance Recital 12:00 Lunch 12:45 Exercise w/Liz 11	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Charlie E 12:00 Lunch 12:45 Bingo 12
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Art Project or Billiards 12:00 Lunch 12:45 This Day in History 15	9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Ceramics with Charlene 12:00 Lunch 12:45 Exercise w/Liz 16	9:30 Coffee Talk 10:00 Good Old Days 11:00 Antiques Roadshow 12:00 Lunch 12:45 Exercise w/Liz 17	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Tom 12:00 Lunch 12:45 Exercise w/Liz 18	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Flute Recital 12:00 Lunch 12:45 Bingo 19
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 22	9:30 Coffee Talk 10:00 Good Old Days 11:00 Pie Baking 12:00 Lunch 12:45 Exercise w/Liz 23	9:30 Coffee Talk 10:00 Good Old Days 11:00 "Just Us" Music 12:00 Lunch 12:45 Exercise w/Liz 24	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Peter 12:00 Lunch 12:45 Exercise w/Liz 25	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Memorial Day Program 12:00 Lunch 12:45 Bingo 26
Closed for Memorial Day 29	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort 12:00 Lunch 12:45 Exercise w/Liz 30	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al and Anne 12:00 Lunch 12:45 Exercise w/Liz 31	 <p>Remember - our fallen heros. They are the reason that we are free.</p>	

Observing Memorial Day Safely

Adapted from <https://www.alternativesforseniors.com/blog/memorial-day/>

Play it safe this Memorial Day

When planning your Memorial Day activities, remember to consider the heat and sun:

- Dress in light-colored, lightweight, clothing that is loose-fitting for air circulation
- Have your loved one wear a hat or use an umbrella when outside, even if they're not in the direct sun. Use sunscreen with an SPF of 15 or greater anytime you and your loved one go outside
- Drink water before outdoor activities and drink water at regular intervals during the day. Avoid beverages with caffeine or alcoholic beverages that can aid dehydration. Encourage your loved one to drink water frequently; every 15-20 minutes
- Try to schedule outdoor activities for cooler times of the day — before 10 a.m. and after 6 p.m.
- During outdoor activity, take rest breaks frequently. If your loved one has clear, pale urine, they are probably drinking enough fluids
- If your loved one has a chronic medical problem, talk with their doctor about additional precautions they should take to prevent heat related illness. Some conditions and medications may place compromised people at higher risk

Happy Birthday Viola and Albertyne!

Outings:

Monday, May 22nd: Bob Evans Restaurant Outing 9:30am-1:30pm.

Closings:

Monday May 29th: Memorial Day

Resource and Referral Information

Maryland Access Point, (MAP): Provides information, assistance, and future planning for older adults and persons with disabilities.

Contact them at 410-313-1234, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, call the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.